

PARTNER ABUSE: SAFETY BEHAVIORS INTERVENTION

SESSION 5: MY CIRCLE OF SUPPORT

TOPIC	Materials (Handouts)	Advisor Talking Points
INTRODUCTION Current Abuse Status	<ul style="list-style-type: none"> • Guide 1 - Cycle of Abuse • Workbook – Cycle of Abuse Assessment 	<ul style="list-style-type: none"> • Last time we talked about the fact that you and your partner had some conflicts. Conflict is a normal part of relationships and couples have a variety of ways of solving differences. • But it is very concerning when couples solve their differences by a woman and her baby getting hurt. • You remember that we have talked about how the fighting can affect you or your baby and that your partner may use many different behaviors or words to hurt you and to control you. • We also talked about why you may have chosen to stay (or to leave). • Since we have last talked how have things been in your relationship? <p>(Use Workbook – Cycle of Abuse Assessment – let her fill in where she is on the Cycle and give examples)</p> <ul style="list-style-type: none"> • Where are you on the Cycle? – Please tell what has happened since we last talked. • Tell about any new incidents of abuse. • Has your behavior changed? How? • Has his behavior changed? New types of abuse? Controlling behavior? • Have you used the calendar – to note when your partner hurts you? Uses controlling behavior? • Were you able to carry out any of your Safety Plan? <ul style="list-style-type: none"> • What were you able to do? • Which part was harder to carry out?
PARTNER ABUSE EDUCATION My Circle of Support	Guides 2-3 My Circle of Support Workbook – Circle of Support	<p>(Refer to Guides 2-3 – My Circle of Support)</p> <p>Whether you choose to stay or to leave or to ask your partner to leave, you will need a circle of support around you. The support may come from your family members, your friends or co-workers, or from officials such as police, legal aid, shelter staff, social workers, doctor, etc.</p> <ul style="list-style-type: none"> • For example you may need someone (family or friend support) to provide you with a place

		<p>to stay if you need to leave or you may stay at a shelter for a short period; you may want to file charges or get a protection order against your partner and you would need legal assistance (lawyer or legal aid); you may need to a ride to the clinic or work (family or friend or co-worker support); you may need to call for help if he violates the protection order (police or lawyer).</p> <ul style="list-style-type: none"> • You may need food or other supplies (food bank or soup kitchen). • You may need health care for yourself if your are hurt during a fight (doctor). • You may need help with the children. • You may need help with transportation. • You my need money temporarily. <p>Refer to Guides 2-3</p> <ul style="list-style-type: none"> • Today I want you to start to create Your (My) Circle of Support (<i>Help her to begin to fill in the Workbook - Circle of Support</i>) • The Circle will be most helpful – if you can add phone numbers or other contact information
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SAFETY ASSESSMENT	<ul style="list-style-type: none"> • Guide 4 – Safety Status Assessment • Workbook = Safety Assessment 	<p>(Assess her current abuse status – Use Guide 4 – Safety Assessment <i>Questions</i>)</p> <ul style="list-style-type: none"> • Is your current partner or a former partner hurting you? <ul style="list-style-type: none"> • Assess Her Safety (Workbook) <ul style="list-style-type: none"> • Is the abuser here now? __ Yes __ No • Are you afraid of your partner? __ Yes __ No • Are you afraid to go home? __ Yes __ No • Has the physical violence increased in severity? __ Yes __ No • Has the abuser ever been reported for child abuse ? __ Yes __ No • Have children witnessed violence in the home? __ Yes __ No • Has he threatened to kill you? __ Yes __ No • Has he threatened to kill himself? __ Yes __ No • Is there a gun in the home? __ Yes __ No • Does he use drugs or alcohol? __ Yes __ No <p>There is no Score that equals Danger – In general the more “Yes” answers, the greater the potential for Danger; note if she is afraid or afraid to return home to the partner; if he has a gun and if he is using alcohol or drugs.</p> <p>I am very concerned for your immediate safety. There are several things we can do right now-- you can call a family member or friend, I can call the shelter or I can call the social worker – what do you think would be best?</p>
OPTIONS	<ul style="list-style-type: none"> • Guide 5 – Options • Pamphlet – Options – (page 3) 	<ul style="list-style-type: none"> • You have options or choices- that will help you to stay safe and to keep your baby safe (Refer to Guide 5 – Pamphlet – Page 3) • Your options are to: <ul style="list-style-type: none"> • Stay with the abuser <ul style="list-style-type: none"> • If you stay – Make a Safety Plan (Avoid fighting in the kitchen or bathroom; remove weapons); Call the police if he abuses again; Attend a battered women’s support group; Get the abuser to go to batterer’s intervention; Get him to go to substance abuse treatment; Get counseling for the children; Get counseling for yourself • Remove the abuser (ARREST) <ul style="list-style-type: none"> • Best way to stop the abuse; Temporarily removes the abuser; Police can arrest and file charges- woman can file charges and police arrest; Filing a report is

		<p>not the same as filing charges – Ask the police what they are filing; Court can order him to batterer intervention program</p> <ul style="list-style-type: none"> • Protective Orders <ul style="list-style-type: none"> • Prohibits abuser from coming within a specified distance of work and home and from communicating with woman; If abuser violates order, he can be arrested; After abuser is removed –change all door locks; Have a Safety Plan • Leave the Abuser <ul style="list-style-type: none"> • Battered Women’s Shelter • Family or Friends
<p>SAFETY PLAN</p>	<ul style="list-style-type: none"> • Guide 6 – Safety Plan • Pamphlet – Safety Plan (page 4) • Pamphlet – Resources (page 5) • Calendar 	<ul style="list-style-type: none"> • I am glad you were able to talk about the abuse in your relationship. • Now we can discuss things you can do to keep you and your baby safe. • You can use a <u>calendar</u> to make notes of when the fighting or abuse is happening. (Refer to Guide 6 – Safety Plan- page 3 of Pamphlet) <ul style="list-style-type: none"> • TRY TO DO THE FOLLOWING: <ul style="list-style-type: none"> • Hide money • Hide extra set of house or car keys • Establish code with family and friends • Ask neighbors to call police if violence begins • Remove weapons • Have available <ul style="list-style-type: none"> • Social security numbers (his, yours, children) • Rent and utility receipts • Birth certificates (yours and children) • Bank account numbers • Insurance policies and numbers • Marriage license or divorce decree • Valuables (jewelry) • Important telephone numbers • Hide bag with extra clothes • Talk to children • What are your Personal Safety Strategies: <ul style="list-style-type: none"> • Will you do something different in the next few weeks?
<p>PERSONAL</p>	<p>Guide 7 – Personal</p>	

RELATIONSHIP STRATEGIES	Relationship Strategies	<ul style="list-style-type: none"> • List what steps you will take on the safety plan between now and the next time we meet. • Use the Calendar to make notes about the conflict and types of abuse and fighting. • Add more names and contact to “My Circle of Support.” • <i>Use Page 5 of the Pamphlet</i> • Lets also List or Update other Resources (Telephone Numbers) <ul style="list-style-type: none"> • Emergency • Shelter • Counseling • Legal • Pregnancy Advisor • Other • Is it safe for you to take this pamphlet home or should I keep it here? • I also have a card with some helpful numbers – it does not indicate that they are abuse numbers – would you like to take this home instead?
CONCLUSION		<p>You may stay or there may be a time of emergency or you may leave. Whatever your decision you will need a Circle of Support to help you with your plans. Developing your Circle of Support will help you no matter what you decide.</p> <p>I want you to remember that you do not cause the abuse or are to blame for the abuse. No pregnant woman or her unborn baby deserves to be hurt. You have started to think about your relationship, using a calendar to keep notes about your relationship, your options and a plan for your safety and the safety of your unborn baby, and your children, who may be witnesses. Each time we meet we will talk about what is happening in your relationship with your partner and how things are going with your partner and your safety plan.</p>